

"Where Good Choices Happen"



Brunswick School

Healthy Lifestyle Policy

"Where Good Choices Happen"



May, 2011

Vision Statement

In its continued pursuit to optimize the learning and well-being of Brunswick students mentally, spiritually, socially and physically, Brunswick School and the SCC are committed to educating, equipping and empowering all pupils, families and staff members to live a healthy lifestyle through the curriculum we teach, the relationships we foster, the environment we provide and the opportunities we create.

A.) Research

a. Nutrition

i. Impact on Learning

Research has found that generally poor nutrition can negatively affect cognitive ability, concentration and activity levels in the short term (Sorhaindo & Feinstein, 2006), and has been associated with poor academic performance and behavior issues in the longer term (Alaimo, Olson & Frongillo, 2001).

ii. Impact on Health

During childhood, healthy eating that meets the dietary reference intakes is critical for growth and development. The development of proper nutrition habits early in life also has a direct impact on physical health and reduction of risks of diet-related chronic diseases later in life. It is recognized that dietary patterns in childhood and adolescence not only influence the immediate well-being of children but may also have an impact on their long-term health (PHAC, 2004).

iii. Importance of Schools

Schools exert tremendous influence over children's eating habits and have been described as "the ideal settings to establish and promote healthy eating practices in children and adolescents" (Taylor et al., 2005).

iv. Child Obesity

Over the last 25 years, obesity rates for children have tripled, and the combined overweight/obesity rate has grown by 70% (Shields, 2005). The figures for some subpopulations are much higher. The obesity rate for First Nations children is two and one half times higher than the national average. Children of parents with less education and

lower income levels and from rural areas also have higher rates (*Active Healthy Kids Canada*, 2006). International comparisons show that Canada as a country has among the highest prevalence of overweight kids (Janssen et al 2005).

v. Child Food Intake

Seven out of 10 Canadian children aged 4 to 8 years of age do not meet the recommended minimum 5 daily servings of vegetables and fruit. More than 1/3 (37%) of Canadian children aged 4 to 9 years of age do not consume the recommended 2 daily servings of milk products (Garriguet, July 2006).

b. Active Living

i. Active Healthy Kids Canada Report Card

For the past 5 years Active Healthy Kids Canada has released a national report card on the physical activity of Canadian children and youth. The report card summarizes what is currently known about physical activity and of Canadian children and youth, and does so using an easy-to-understand grading scheme. Data is drawn from several sources including: research literature, government agencies, and non-governmental organizations. Based on 2009 data, only 15% of Saskatchewan children and youth are meeting physical activity guidelines—only slightly above the national average of 13%. In 2010, the national report card revealed 13% of Saskatchewan children and youth are meeting physical activity guidelines – only slightly above the current national average of 12%.

ii. Sport Participation

51% of 5-14 year olds in Saskatchewan regularly participate in organized sport, down from 57% in 1992. Participation rates are even lower when split by gender, ethnicity and socioeconomic status.

iii. Screen Time

68% of 12-17 year olds watch more than 2 hours of TV per day. Children whose parents have rules about media use are exposed to an average of nearly 3 hours less screen time per day than those who say they don't have any rules.

B.) Brunswick Nutrition Policy:

Brunswick School will offer and serve healthy, nutritious foods at all school related functions, while modeling and committing to support student engagement in making healthy food choices as well as educating parents/guardians, students and staff.

a. Supporting Strategies and Actions

i. Strategy #1: Provide healthy and and nutritious food choices.

- 1. Special Events:** *The majority of foods served at the canteen will be selected from the "Choose Most Often" or "Choose Sometimes" Healthy Eating Guidelines and will include choices from each of the four food groups as outlined in "Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools" (see Appendix A).*
- 2. All School Sponsored Lunches and Booth:** *When food or beverages are provided for children, staff or the public, the majority of foods will be selected from the "Choose Most Often" or "Choose Sometimes" Healthy Eating Guidelines and will include choices from each of the four food groups as outlined in "Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools" (see Appendix A).*

ii. Strategy #2: Educate and inform children and families on healthy food choices.

- 1. Parent Education:** *Parent/guardians will be provided the opportunity to be trained in Safe Food Handling through Public Health.*

- 2. Food Safety:**

- School employees or partner organizations that are responsible for preparing and serving food should have successfully completed the Safe Food Handling course as offered by the Public Health Inspectors of the Kelsey Trail Health Region.*

- Foods will be prepared and served in accordance with the food and safety guidelines as outlined by the Public Health Inspector.*

- All in school food premises will follow food safety policies as outlined by the Public Health Inspector. Staff will ensure that students are aware of the importance of hand washing and will provide the opportunity to wash their hands before consuming snacks or meals.*

- The following foods will not be accepted at the school for nutrition programming: home canned goods, raw milk, home processed meat, poultry, fish and dairy, dented, rusted cans or any food with an expired date, frozen*

food, and left over food from banquets, parties, etc. (as outlined in Appendix A, Section 3.4)

- 3. Allergy Awareness:** *Brunswick School has students and staff members who have food allergies. Though the degree of sensitivity varies for some it can be life threatening. For the safety of our students and staff members, all stakeholders will be advised not to send/provide food items that may possess peanuts, nuts and or eggs.*
- 4. Update –** *At its monthly meetings, Brunswick SCC will discuss/suggest recipes and/or healthy eating tips to be published in Brunswick Newsletter.*
- 5. Website –** *Commencing the 2011-12 school year the Brunswick Healthy Lifestyle policy along with informative links will be placed on its website under the Block – Healthy Lifestyle.*
- 6. Student Agenda –** *Brunswick School will purchase student agenda books that possess inserts that promote and support healthy, nutritious lifestyles.*

iii. **Strategy #3:** Encourage and provide students with opportunities to actively engage in making and reporting on healthy nutritious choices.

- 1. Snack and Lunches:** *It is advised that foods eaten during snack and lunch follow “Choose Most Often” or “Choose Sometimes” Healthy Eating Guidelines as outlined in “Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools” (see Appendix A). **“CANDY, CHOCOLATE BARS, CHIPS AND SOFT DRINKS ARE STRONGLY DISCOURAGED”***
- 2. Student Engagement and monitoring:**
 - a. Fruity Friday and Veggie Vendredi (alternating months)–** *Students will be encouraged to bring fruity snacks, and chart their personal and/or class results.*

iv. **Strategy #4:** Staff Modeling of healthy eating choices for students and families.

- 1. Classroom Parties and Potlucks:** *School community members will be encouraged to bring a majority of foods selected from the “Choose Most Often” or “Choose Sometimes” Healthy Eating Guidelines and should include choices from each of the four food groups as outlined “Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools” (see Appendix A). Although healthy food choices are promoted for daily consumption, it is recognized that the school will be flexible for certain celebration days.*

C.) Brunswick Active Living Policy

Brunswick School will offer active living opportunities for its students as well as educate students, families and staff of its benefits.

a. Supporting Strategies and Actions

i. Strategy #1: Provide Active Living Opportunities for Students.

1. **Phys. Ed. Programming** – Brunswick School will work towards ensuring that "all" students receive the required curricular minutes of Physical Education.
2. **Extra-Curricular Programming** - Brunswick School will commit to provide and intramural program, Noon hour, and after school athletic club programs.
3. **Gym Availability** – To support active lifestyles in its students, Brunswick School and its SCC waive a gym rental fee for Brunswick student based organizations consistent with SCC April 12th, 2011 minutes.

ii. Strategy #2: Educate and inform children and families on/of Active Living Choices.

1. **Update** – At its monthly meetings, Brunswick SCC will discuss/suggest fitness tips and community active living opportunities to be published in Brunswick Newsletter.
2. **Website** – Commencing the 2011-12 school year the Brunswick Healthy Lifestyle policy along with informative links will be placed on its website under the Block – Healthy Lifestyle.
3. **Student Agenda** – Brunswick School will purchase student agenda books that possess inserts that promote and support healthy, active lifestyles.

iii. Strategy #3: Encourage and provide students with opportunities to actively engage in making and reporting on active living choices.

1. **Moving Mornings** – Using the Wonder Cares Fitness Challenge posters and accompanying music CD's, teachers will provide students with opportunities to be active in their classrooms.

D.) Stakeholders

This policy has been reviewed and approved by a Kelsey Trail Health Region Dietician, the Brunswick School Community Council, and Brunswick School Staff to ensure agreement and commitment to the actualization of the policy.

E.) Feedback/Concerns

Brunswick staff and the SCC welcome any comments or suggestions you may have about this policy. If you want to make any comments or require any further explanation of/or assistance with interpreting any aspect of the policy please address them to Brunswick SCC, C/O Brunswick School, Box 6100, SOE 1A0 OR white.rodney@nesd.ca.

F.) Annual Review

The second last SCC meeting of each school year will possess an assessment of the Health Lifestyle policy that may/may not result in the refinement, addition and/or deletion of supporting actions.

*This policy was formally adopted by the Brunswick SCC on
June 14th, 2011.*




- SCC Chair

- Principal

G.) Supporting Resources

- a. "Saskatchewan in Motion Research Link"
<http://www.saskatchewaninmotion.ca/research-link-report-card.pdf>
- b. Saskatchewan Active Health Kids Report Card -
<http://www.saskatchewaninmotion.ca/sask-supplement-low-res.pdf>
- c. Active Healthy Kids – Canada (Report Card) - <http://www.activehealthykids.ca>
- d. "Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools": Public Health Nutrientinsits of Saskatchewan – Revised April 6, 2009
- e. "Nourishing Minds: Eat Well, Learn Well, Live Well": Saskatchewan Minstiry of Education – October, 2009. <http://www.education.gov.sk.ca/nourishing-minds>
- f. "Healthy Foods For My School": Saskatchewan Ministry of Health – March 2008.
<http://www.education.gov.sk.ca/nourishing-minds>
- g. Canadian Society for Exercise and Physiology.
<http://www.csep.ca/english/view.asp?x=1>
- h. "Canadian Sedentary Behaviours Guidelines for children 5-11 years old and youth 12-17 years old."
http://www.csep.ca/CMFiles/Guidelines/SBGuidelinesChildandYouth_E.pdf
- i. "Canadian Physical Activity Guidelines for children 5-11 years old."
<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-child-ENG.pdf>
- j. "Canadian Physical Activity Guidelines for youth 12-17 years old."
<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-youth-ENG.pdf>
- k. Tips to get Active. <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/05paap-eng.php>
- l. Saskatchewan "In Motion" Daily Physical Activity Manual.
<http://www.saskatchewaninmotion.ca/educators/daily-physical-activity-manual>
- m. "*Inspiring Movement*" <http://www.education.gov.sk.ca/physicalactivity>